

Try to have each school satisfy one or more of the 6 components of a healthy school nutrition environment to include: 1) commitment to nutrition/physical activity; 2) quality school meals; 3) healthy other foods 4) pleasant eating; 5) nutrition edu; 6) marketing

Model Schools Project for Promotion of Healthy School Nutrition & Physical Activity Environments

This project is a strategy to achieve objective 3 of the 2004-06 TNT grant: *Expand the number of schools that promote a healthy nutrition environment through implementation of nutrition policies and best practices and expanded media coverage of model schools.* A document will be developed featuring the twelve model schools and distributed to Montana school districts. A media campaign will be developed and implemented to provide recognition and promote these best practices to Montana schools and communities. The State Agency is conducting this project to encourage other schools to follow their examples and increase the number of schools implementing positive nutrition and physical activity policies or practices.

2 Phases to this project:

1. Develop 12 case studies describing model schools that have been proactive in creating healthy school settings for their students to promote readiness to learn, maintain good health, and develop lifelong eating habits. Each case study will list steps taken and changes made in policy or practices, key factors for change, people involved, and benefits to students. Timeline: Spring 2006
2. Implement a statewide media campaign based on these schools in local newspapers or television markets around the state in August or September of 2006.

Phase 1

1. Identify model schools from the 2004 spring survey of school principals and school food managers or from past observations from Team Nutrition and/or School Nutrition Program staff.
2. Generate the list of “model schools”. Contact schools and confirm their interest and permission to be a “model school.”
3. Visit the school in the spring of 2006, interview staff; obtain photos of healthy foods, physical activities, special events centered on nutrition and/or physical activity.
4. Complete the “case study” template for each school and submit for editing by July 1, 2006.
5. Obtain permission from school contact on the final draft of the case study write up and work with University Graphics on designing the Model School Document.

Phase 2

1. Work with the school staff, school newsletter editor and the local paper and/or television station to obtain media coverage for the model school in the local area.
2. Obtain copies and the URL for the print articles and a copy of the television clip.
3. Schedule a presentation at the school board meeting or parent association meeting in the fall of 2006 to recognize the school. Provide a certificate of recognition for the school and possibly a framed write up of the case study for display in the school.

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This project is funded by a 2004-06 USDA Team Nutrition Training Grant awarded to the Montana Office of Public Instruction.

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List of Potential Model Schools

School/District	Town/Region	School Contact	Best Practices	Future Goal	TN Contact	Newspaper/TV
Whitefish Central Middle School	Whitefish Northwest	Mr. Kim Anderson	Breakfast/Lunch RBL/Healthy A La Carte, Healthy Vending Recycling Program	Requesting HE Teacher in Budget for goal of daily HE for Students	Mary Stein	Kalispell Paper TV:
Ronan Middle School	Ronan Northwest	Ms. Marsha Wartick	Breakfast/Lunch/Afterschool/Summer Breakfast Fruit Bar/Lunch Salad Bar Parent Newsletter Walking Program in Gym for Community	Healthier US School Challenge?	Mary Stein	Local Ronan Paper Missoulian? TV
Hellgate Elementary	Missoula Western	Katie Appel Goble, Denise Zimmer, RD	Breakfast/Lunch FUN Atmosphere; Activities Expanded Choices; RBL in primary FS Staff wellness activities	Healthier US School Challenge?	Molly Stenberg	Missoulian TV
Lolo Elementary	Lolo Western	Linda Free and Alice or Supt	Breakfast/Lunch First MT Team Nutrition School and Healthier US School Challenge-GOLD Whole Grain Recipes FUN Atmosphere; Increased Community Outreach	Expand School Wellness?	Molly Stenberg	Missoulian TV USDA Healthier US Website
Great Falls East Middle School?	Great Falls North Central	Jenny Painter or Principal	Student driven project for healthful options in student store, vending		Katie Bark	Great Falls Tribune TV
Rocky Boy	Rocky Boy/north central	Tracy Burns	Breakfast/Lunch/Afterschool/Head Start Healthy Menus/Vending	Healthier US School Challenge	Katie Bark	Great Falls Tribune Rocky Boy

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			Nutrition Education Advisory Council Family Fun Nights			TV
Lewistown	Lewistown/central	Cindy Giese	Breakfast/Lunch Healthy grab and Go Lunch Options Healthy A La Carte Started breakfast in all schools in last? years On going NSLW & NSBW promotions RBL at primary school		Molly Stenberg	Lewistown Paper
Helena School District	Helena/southwest	Joe Furshong/Bruce Messinger	MBI driven changes in all levels of schools Nurses play key role Staff buy in from strong administrative support School Health Index	School Wellness Model Pilot with MT TN	Katie Bark	Helena Independent TV
Bozeman School District	Bozeman/southwest	Marilyn King/Bob Burrows	Board Resolution Middle Schools –RBL/Healthy Snack Bar Lunch choices	Farm to School projects in elementary schools	Katie Bark	Bozeman Chronicle TV
Ennis School District	Ennis/South-central	Tammy Wham/Doug Walsh	Strong support for breakfast and lunch Theme Bars; Healthful vending		Katie Bark	Ennis Paper TV Bozeman Ch.
Saco School District	Saco/Northeast	Supt/Lisa Linday	Lunch program		Katie/Lisa	Paper (Glasgow?) TV
Lockwood School District	Billings/Central	Eileen Johnson	Breakfast/Lunch/AFTERSCHOOL? Strong policy/practices changes to support healthier vending, student reward system, school meals; RBL; Health En curriculum; friendly green environment; latex free school; strong hand washing policy; Strong staff		Katie Bark	Billings Gazette TV

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			wellness –FT nurse Getting kids Moving at Dances			
Yellowstone Academy	Billings/Central	Administrator	SEE SURVEY comments		Mary Stein	Billings Gazette TV
Laurel School District	Laurel/Central	Dale Ahrens/Supt	Breakfast/Lunch/AFTERSCHOOL? Strong staff wellness program with health insurance carrier Staff Wellness; Lunch salad clubs		Mary Stein	Billings Gazette TV
Billings West High School	Billings/Central	Dennis Sulser Principal//Supt/Dayle Hayes	Healthy Vending options in Machines		Katie Bark	Billings Gazette TV
St. Labre School	Ashland/South east	Start Fulmer	Breakfast/Lunch/Afterschool/Head Start (boarding school-dinner) Healthy menus FS staff wellness-walking during work in cafeteria	HealthierUS School Challenge	Molly Stenberg	Ashland Paper or Miles City Billings TV

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MODEL SCHOOL CASE STUDY TEMPLATE

School Name:

School District:

Student Enrollment in School or District:

Percentage of Free/Reduced in School or District:

Town/Region:

APPROACHES: (List the STEPS TAKEN in bullet form) Address nutrition and physical activity if applicable in cafeteria, classroom or school wide. Which of the 6 components have they addressed?

WORDS OF WISDOM (QUOTE FROM KEY PERSON –LINK TO BETTER LEARNING)

KEY CHANGES AND OUTCOMES OR RESULTS: (focus on key things that obtained positive results/outcomes)

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Keyes to SUCCESS (in bullet form list essential elements for success)

DESCRIPTION (overview of best practices; include timeline if possible) Make sure to include information on how they worked on one or more of the 6 components of a healthy school nutrition environment.

FUTURE PLANS (list future goals in area of nutrition and or physical activity; include staff wellness, or community involvement if applicable)

For More Information (contact person, school address, email and phone)

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ATTACHMENTS: (Might need to limit to 2-3 items per case study)

Photos, copies of policies or procedures; menus; media articles, school newsletters etc...